



Tuesday, March 27th was designated National Diabetes Alert Day by the American Diabetes Association. This is the 19th year that the ADA has "sounded the alert" for diabetes awareness. Many people in this country don't know that they have type 2 diabetes. Many more do not realize that they have the risk factors for developing the disease.

Do you have the symptoms of diabetes? Do you have the risk factors for developing diabetes in the future? Don't let diabetes sneak up on you. Be aware of the symptoms and risks. Undiagnosed diabetes can lead to serious complications, such as debilitating nerve damage in legs and feet, kidney failure and blindness.

Top 7 Risk Factors:

1. Obesity
2. Sedentary Lifestyle
3. Unhealthy Eating Habits
4. Family History and Genetics
5. Increased Age
6. High Blood Pressure and High Cholesterol
7. History of Gestational Diabetes

There are several forms of diabetes. Type 1 diabetes was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes. To survive, people with type 1 diabetes must have insulin delivered by injection or a pump. This form of diabetes usually strikes children and young adults, although disease onset can occur at any age. In adults, type 1 diabetes accounts for 5 to 10 percent of all diagnosed cases of diabetes. Type 2 diabetes was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes. In adults, type 2 diabetes accounts for about 90 to 95 percent of all diagnosed cases of diabetes. Gestational diabetes is a form of glucose intolerance diagnosed during pregnancy. During pregnancy, gestational diabetes requires treatment to normalize maternal blood glucose levels to avoid complications in the infant. Women who have had gestational diabetes have a 40 to 60 percent chance of developing diabetes in the next 5 to 10 years.

For more information on Diabetes, please visit the Exceptional Family Member Program (EFMP) webpage at <http://www.pica.army.mil/mwr/ACS/EFMP.htm> or contact the EFMP Manager, Marci Keck, at 973-724-2145 or marci.keck@us.army.mil.

****The Department of Defense EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, and educational, medical, and personnel services to Families with special/exceptional needs.***